



# The Senior Sentinel

884-4100 885-5381 863-6112 587-8653 654-9003 798-0231

## Happy Mother's Day

### Annual Senior Luncheon

Friday, May 15, 2015

Saratoga Springs City Center  
522 Broadway, Saratoga Springs

Please join us for a "Starry Night—Senior Prom" luncheon hosted by the Saratoga County Office for the Aging. We guarantee an afternoon of dancing, good friends and delicious food. The doors open at 11:00 am to give you time to get settled and socialize before the following lunch is served at noon.



**Stuffed Chicken Breast w/Gravy**  
**Mashed Potatoes**  
**Broccoli**  
**Glazed Baby Carrots**  
**Dinner Roll**  
**Cake**



There will be musical entertainment and door prizes for some lucky Seniors. Tickets are available at some Meal Sites and Senior Centers throughout Saratoga County or by calling the Office for the Aging at 884-4100. The suggested contribution is \$4.00 per ticket.

**The Office for the Aging will be closed Monday, May 25, 2015 in observance of Memorial Day.**

**Medicare Monthly Tip:** May is Osteoporosis and Prevention Month! Ask your doctor if you need a bone mass measurement (bone density test). Visit [www.medicare.gov](http://www.medicare.gov) for more information.

Reprinted from Centers for Medicare and Medicaid Services

## What is an Advance Beneficiary Notice?

An Advance Beneficiary Notice (ABN) is a notice you should receive when a provider or supplier offers you a service or item that Medicare normally covers but may not cover for you. Know that ABNs only apply to people with Original Medicare; people with Medicare Advantage plans will not receive an ABN.

The ABN must list the reason that your doctor thinks Medicare will not cover the test or procedure. The notice serves as a warning that Medicare might not pay for your care; it is not an official determination from Medicare about whether or not care is covered. It may still be possible to get Medicare to cover your care if you agree to pay for it if Medicare formally denies payment.

If you receive an ABN but decide to move forward with the item or service, you must select Option 1 on the ABN form. Option 1 says you agree to pay for care in the event Medicare denies coverage. It also requires your provider to submit the bill to Medicare after providing you care. If you do not select Option 1, you will have no chance of Medicare coverage because your provider will not be required to submit the bill to Medicare.

You will know if the service is covered by checking the claim on your Medicare Summary Notice (MSN). An MSN is a summary of the health care services you have received over the past three months, and it describes whether Medicare has covered these services. If the claim is denied, you can appeal by following the directions on the MSN. If the claim is approved, the MSN will say how much you owe. If you paid the provider more than that, the provider must refund you the excess amount.

Keep in mind, by agreeing to get care and signing Option 1 on ABN, you must be willing to pay upfront for care at the time you get it and you risk being responsible for all charges if Medicare denies payment. In some cases, this can amount to a significant bill. If you receive an ABN, be sure to discuss your options for care with your provider.

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### Saratoga County Public Health and the Office for the Aging Health Screening Schedule for *June 2015.*

Wilton Senior Center	1:15p, to 3:15pm	June 9, 2015
Van Schoonhoven	1:30pm to 2:30pm	June 18, 2015
Edinburg Town Hall	1:00pm to 2:00pm	June 26, 2015

#### **Need Help Paying for Medicare?**

**Medicare Savings Programs**, also known as Medicare Buy-In programs, are programs that help pay your Medicare premiums and sometimes also coinsurance and deductibles.

**Representatives from OFA will be available at the Health Screenings listed above to assist you or you may call 884-4100 to see if you qualify.**

### **Practical Strategies for Alzheimer's Caregiving**

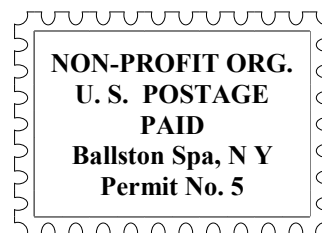
**WEDNESDAY  
MAY 13th  
5:00-8:00pm**

A Conference for Caregivers  
Queensbury Hotel  
Glens Falls, NY  
\$20 Registration Fee Includes Dinner  
**FREE RESPITE AVAILABLE**

**Questions? Call  
Erica Salamida  
518-867-4999,  
ext 303**

Saratoga County Office for the Aging  
152 West High Street  
Ballston Spa, N. Y. 12020

Return Service Requested



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*Saratoga County Office for the Aging is funded by Title III of the Older Americans Act,  
New York State Office for the Aging, the County of Saratoga and local Municipalities*

From Our Dietitian:

## Decreasing Your Risk for Type 2 Diabetes

The prevalence of both pre-diabetes and type 2 Diabetes continues to grow. If current trends continue, it is estimated that 1 in 3 adults in the U.S. will have diabetes by the year 2050. Complications from Diabetes can lead to eye problems, heart disease, stroke, nerve damage and kidney disease.

Insulin resistance or the inability for our cells to use insulin properly, characterizes both pre-diabetes and Type 2 diabetes. Although our genes influence our risk for insulin resistance, being overweight, inactive and consuming a poor diet can significantly increase our risk. In addition to aiming to keep active and controlling our weight, here are some further tips to consider to decrease your risk.

**Eat Healthy Fats**-Unhealthy saturated and trans fats appear to worsen insulin resistance so we need to limit them in our diets. Saturated fats are those found in fatty red meats, butter, and cream. Trans fats are the man made artificial fats found in processed foods such as crackers, some coffee creamers, and pastries. These fats are listed as partially hydrogenated vegetable oils on food labels. Replace these fats with the heart healthy unsaturated fats such as the fat found in avocados, walnuts, almonds, canola and olive oils.

**Avoid sugary drinks**-Sugary drinks have been linked to increased risk for Type 2 diabetes. It is thought that the excess calories in these drinks can lead to weight gain which as noted can lead to insulin resistance. Try to choose water, flavored water, unsweetened coffee and teas more often.

**Eat Whole Grains**- Some studies suggest that switching a few daily servings of refined grains for whole grains may decrease your risk for Diabetes. Consider making these substitutions to increase your intake of whole grains.

Instead of This	Choose This
White or Wheat Bread	100% Whole Grain or Whole wheat Bread
Cream of Wheat or Grits	Whole Grain Cream of Wheat or Oatmeal
White Rice	Brown rice, Barley or Quinoa
White Pasta	Whole Grain Pasta or pasta made from combo of white and whole grain flours
Saltines or Buttery Crackers	100% Whole Grain crackers